

# ESPWA

A Short Subject Documentary

## Screening Toolkit



### **Created by The Road to Hope**

Presented by EJCM Construction Management,  
Fransen Pittman General Contractors,  
Haynes Mechanical Systems, and The Harris Law Firm

# INTRODUCTION TO ESPWA

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Bonjou, zanmi—

Welcome to the ESPWA Screening Toolkit!

This guide was designed to provide context for our first-ever short subject documentary and to empower viewers to create positive change in their global and local communities. Inside, you will find a brief history of Haiti, traditional recipes, and links to playlists featuring popular Haitian music. You'll also find a 'Guide to Getting Involved,' which will help you identify ways to engage with, and support, The Road to Hope's locally-led initiatives in Haiti.

This documentary's production and release have taken place at the height of the global Black Lives Matter movement. The timing feels fitting, as Haiti was the first nation to permanently ban slavery and the slave trade, following the only successful Black-led uprising for racial equality and independence in modern history.

Many of the challenges facing Haiti today can be traced to the country's legacy of slavery and colonialism and to the international community's refusal to recognize Haiti's independence in the aftermath of their revolution, for fear that doing so would threaten longstanding systems of white supremacy.

Despite these challenges, young people like Raphaella—a talented musician and teacher from Mirebalais—are determined to create a Haiti in which everyone has the opportunity to pursue their passions and fulfill their potential.

**Raphaella represents a generation of young Haitians uniquely positioned to become powerful agents of change in their country.** If connected to opportunity, their energy and innovative ideas have the potential to break devastating cycles of poverty and inequity.



**It is a privilege to invest in the education and empowerment of these young people.** And we hope that—after you've seen a glimpse of their daily lives and their vision for the future—you'll join us in our commitment to unlocking the power of young people to create positive change.

*In solidarity,*  
*Rich & Lisa Harris*  
Rich and Lisa Harris  
*The Road to Hope Founders*

# HAITI FACT SHEET

## FAST FACTS

**Official Name:** Republic Of Haiti  
**Form of Government:** Republic  
**Capital:** Port-Au-Prince  
**Population:** 10,788,440  
**Official Languages:** French, Creole  
**Money:** Gourde  
**Area:** 10,714 Square Miles

## Geography



Haiti occupies the western third of Hispaniola, the second-largest island in a group of islands called the Antilles, located in the Caribbean Sea. Haiti has a tropical climate and rugged terrain. **In French, the country is called “La Perle des Antilles” (The Pearl of the Antilles), because of its natural beauty.**

## Culture & Economy

Approximately 80 percent of Haitians practice Catholicism, and most are also practitioners of Vodou (voodoo), a religion brought to Haiti by enslaved Africans in the 16<sup>th</sup> and 17<sup>th</sup> centuries.

While its culture and history are undeniably rich, Haiti is currently the poorest country in the Western Hemisphere. Approximately four-fifths of its population lives in absolute poverty. Much of this poverty can be traced to American occupation, corrupt regimes, natural disasters, and environmental devastation.

## History & Independence

Before Christopher Columbus landed on Hispaniola and claimed it as a Spanish colony in 1492, the island was home to the Taino people—a tribe of Arawak Amerindians. Within 25 years of their arrival, the Spanish had killed all the native people and imported enslaved Africans to work in the colony. The French took over the colony in the 1600s and increased production in many crops such as coffee, cotton, and sugarcane.

After many futile uprisings, the Black population united in 1798 and revolted against white planters. Despite relentless attempts by the French and British to quell the revolt, the self-liberated slaves defeated the French army and achieved the first and only, successful Black-led uprising for racial equality and independence in modern history. For more information, please refer to page 8 of this screening toolkit.

## SETTING THE SCENE

### Haitian Cocktail



#### Haitian Flyer

This cocktail is ideal for small parties and barbecues. It has a solid citrus base and finishes with awesome champagne bubbles.

**Servings:** 1  
**Prep Time:** 5 min.

#### Ingredients

- 1 1/2 oz Rhum Barbancourt
- 1/4 oz fresh lime juice
- 1/2 tsp simple syrup
- champagne
- quartered lime (garnish)

**Step 1:** Combine all but champagne with ice in a shaker and shake for 30 seconds.

**Step 2:** Strain into chilled glass, fill with champagne and garnish with lime quarter.

Source: <http://haitiancooking.com/recipe/haitian-flyer-cocktail/>

### Haitian Dishes



#### Poule en Sauce

Haitian Stewed Chicken (Poule en Sauce) is a traditional recipe typically served with a side of rice.

**Servings:** 4-6  
**Prep Time:** 15 min.  
**Cook Time:** 30 min.

#### Ingredients

- 1 lb chicken
- 1/2 onion, diced
- 2 tsp garlic, minced
- 1 tbsp lime juice
- 4 sprigs fresh thyme
- 4 sprigs fresh parsley
- 1 Scotch Bonnet pepper
- 1 tsp black pepper
- 1/2 Red pepper, julienned
- 1 Maggi Chicken Bouillon Cube
- 1 tbsp of Adobo all seasoning
- 1/2 cup white vinegar
- 2 tbs tomato Paste

## SETTING THE SCENE

### Poule en Sauce (cont.)

**Step 1:** Clean the chicken with lemon or sour orange juice and vinegar. Rinse in hot water.

Note: Visit <http://haitiancooking.com/the-haitian-meat-cleaning-process/> for more information on the Haitian meat cleaning process.

**Step 2:** Create a marinade with garlic, parsley, thyme, black pepper, chicken cube, and seasoning salt.

**Step 3:** Season the chicken with the marinade and let it marinate at least 15 min. Marinating the chicken overnight in the refrigerator will give the meat more time to take on the flavor.

**Step 4:** In a large saucepan, brown the chicken on both sides.

**Step 5:** Add a half cup of water to the sauce pan along with the tomato paste, onions, and peppers. Stew the chick on medium high heat for 25 minutes.

**Step 6:** Reduce the heat to low and let it simmer until it is ready to serve.

Source: <http://haitiancooking.com/recipe/haitian-stewed-chicken-poule-en-sauce/>



### Salad Zaboka

A Haitian Avocado Salad is a simple salad similar to guacamole. It can be served as a side or an appetizer when paired with fried plantains. Other ingredients such as shrimp, tomatoes or lobster can be added to create a more substantial dish.

**Servings:** 2-4

**Prep Time:** 10 min.

**Ready In:** 10 min.

#### Ingredients

- 2 avocados, peeled and cut in squares
- 1 onion, chopped
- 1/2 lime, juiced
- 1 tsp olive oil
- 1/2 tsp pepper
- 1/2 tsp salt (or to taste)
- 1/2 cup white vinegar
- 2 tbs tomato paste

**Step 1:** Cube the avocados and place them in a medium size bowl.

**Step 2:** Chop the onions and place them in the same bowl.

## SETTING THE SCENE

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### Salad Zaboka (cont.)

**Step 3:** Add the lime juice, olive oil, pepper, salt and lightly mix.

**Step 4:** Serve as a side dish or with plantains as an appetizer.

Source: <http://haitiancooking.com/recipe/haitian-avocado-salad-salad-zaboka/>



### Bannann Peze

Plantains are a staple in pretty much every Haitian meal. The most common method of cooking plantains is frying them, after which they can be served as an appetizer or a side dish.

**Yield:** 12 (approx. 4 servings)

**Prep Time:** 5 min.

**Cook Time:** 10 min.

#### Ingredients

- 3 green plantains
- 1 tbsp vinegar
- 1 tbsp salt

#### Ingredients (cont.)

- 1 tsp garlic powder
- 1 cup vegetable oil
- 1 tostonera (plantain press)
- 1 cup hot water

**Step 1:** Heat the oil on medium high heat in a deep fryer or frying pan.

**Step 2:** Peel plantains and angle cut each one into 5 equal pieces.

**Step 3:** In a bowl add the hot water, vinegar, salt and set aside.

**Step 4:** Remove the plantains from the oil and flatten each plantain using the tostonera.

**Step 5:** Soak the flattened plantains in the hot water and carefully back in the oil for an additional 5 min.

**Step 6:** Remove plantains from oil and place them on a paper towel to remove the excess oil.

**Step 7:** Serve hot!

Source: <http://haitiancooking.com/recipe/fried-green-plantains-bannann-peze/>



## SETTING THE SCENE

### Haitian Dessert



#### Tablet Pistach

Years ago, sugar was among Haiti's most profitable cash crops. As a result peanut brittle has become one of the island's most popular and common candies.

**Yield:** 6-8 pieces (approx. 6 servings)

**Prep Time:** 10 min.

**Cook Time:** 20 min.

#### Ingredients

- 1/4 cup roasted peanuts
- 3/4 cup light brown sugar
- 1/2 tsp vanilla extract
- 1 tsp grated ginger
- 2 tsp cinnamon powder
- 1 tsp grated nutmeg
- 1/2 star anise extract
- 1/4 cup water
- 1/2 tsp salt

**Step 1:** Add the water, sugar, vanilla extract, ginger, cinnamon, nutmeg, salt,

and star anise extract to the sauce pan and bring to a boil.

**Step 2:** Add the peanuts and boil for 10-15 min. or until mixture has thickened.

**Step 3:** Remove the pan from the heat and continue to stir until the liquid has evaporated and the mixture is sticky.

**Step 4:** Using a spoon place six large cookie sized amounts on parchment paper or a nonstick baking mat.

**Step 5:** Place the pieces in a cookie jar when cool.

Source: <http://haitiancooking.com/recipe/peanut-brittle-tablet-pistach/>

### Haitian Music

#### Playlist 1

<https://spoti.fi/2Z77tCR>

Big Band Orchestra-style music from legendary konpa group Tropicana D'Haiti.

#### Playlist 2

<https://spoti.fi/355lpzP>

Contemporary Haitian 'Compas' music from popular, modern bands.

# GUIDE TO GETTING INVOLVED

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The Haiti Youth Orchestra is a program of The Road to Hope, an organization that exists to empower young people to break cycles of inequality and inspire them to create positive change. We achieve that goal through our partnerships with local leadership in Haiti and generous support from people like you!

If you were inspired by Raphaella's story and want to support The Road to Hope's work in Haiti (or start something in your community!), we have a few ideas to help you get the ball rolling!

## 1. Become a Roadie

As a Roadie, your monthly gift of \$100 (an annual investment of \$1,200) can provide a child in Haiti with access to the resources they need to achieve their goals and transform their communities.

### In recognition of your investment, you will receive...

- The opportunity to be part of a generous and passionate community
- Quarterly Impact Reports featuring stories and updates from the field
- Exclusive discounts on tickets for The Road to Hope events

### Not in a position to become a Roadie?

No matter how small, every donation has the power to make a real impact. Our monthly giving

community, The Road Crew, plays an essential role in making our work sustainable and helping us plan for the future through gifts of less than \$100/month. Learn more at [www.theroadtohope.org/get-involved/join-the-road-crew/](http://www.theroadtohope.org/get-involved/join-the-road-crew/).

## 2. Fundraise

- **Host a Screening:** Use this toolkit to organize an ESPWA screening for friends and family, then invite them to support the cause.
- **Bake a Change:** Host a bake sale at your church, school, or office.
- **Conquer Clutter:** Sell unwanted items online and donate the proceeds.
- **Donate Your Birthday:** Ask loved ones to invest in impact instead of gifts by giving \$10 in honor of your 10<sup>th</sup> birthday, \$16 for your 16<sup>th</sup> birthday, etc.
- **Get Active:** Invite friends and family to sponsor you on an ambitious run, hike, or bike ride.
- **Organize an Extra-happy Hour:** Raise awareness while raising a glass! Gather your friends and family for a cocktail party, cooking class, or mission-driven dinner with donations benefiting the charity of your choice!



## GUIDE TO GETTING INVOLVED

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### 3. Learn More

#### Reading for Adults

##### **Mountains Beyond Mountains**

By Tracey Kidder

This inspiring book tells the story of Paul Farmer, a gifted man on a quest to cure infectious diseases and bring lifesaving modern medicine to those who need it most. Paul's life serves as a powerful example of hope and an illustration of the Haitian proverb "Beyond mountains there are mountains"—as you solve one problem, another problem presents itself, so you go on and try to solve that one too.

##### **Haiti: The Aftershocks of History**

By Laurent Dubois

This indispensable book by acclaimed historian Laurent Dubois illustrates how Haiti's troubled present can only be understood by examining its complex past, while also illuminating the foundations on which a new Haiti might emerge.

#### Reading for Teens

##### **Impact: A Step-by-Step Plan to Create the World You Want to Live In**

By Christen Brandt and Tammy Tibbetts

When you feel that pull to be part of social change, where do you start? How can you ensure that your good intentions create a positive impact? Drawing on their network and experience

as founders of 'She's the First,' Christen Brandt and Tammy Tibbetts show you how to create your own impact strategy, one that fits into your life and allows you to match what you have with what the world needs.

#### Reading for Pre-teens

##### **Start Now! : You Can Make a Difference**

By Chelsea Clinton

For the youngest activists among us, a book geared just for them full of facts, stories, and tips on how to change the world, from #1 New York Times bestselling author Chelsea Clinton.

#### Reading for Young Kids

##### **Nadia's Good Deed: A Story About Haiti**

By Rachel Harris

Nadia is a thoughtful and determined goat. Her journey from the small village of Nordette to the big city offers young readers an educational and entertaining glimpse at Haitian culture.

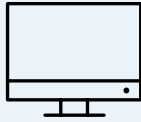
### 4. Follow Along

Keep up with The Road to Hope and our Haitian partners by following along on social media.

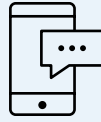
**Want more?** Visit [www.theroadtohope.org](http://www.theroadtohope.org) and subscribe to our e-newsletter!

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 **@theroadtohope**

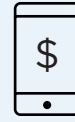
## WAYS TO GIVE



Give online at  
[www.theroadtohope.org](http://www.theroadtohope.org)



Text 'ESPWA'  
to (720) 706-3762



Venmo us at  
[@theroadtohope](https://www.venmo.com/theroadtohope)

## “MEN ANPIL CHAY PA LOU”

“Men anpil chay pa lou” is a popular Haitian proverb that translates to, “Many hands make light work.” Thank you to all of our generous sponsors and screening partners who extended their hands, and financial support, to make this film possible.

### Screening Partners



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